

Abraham-Hicks Publications

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San Rafael, CA Workshop Opening.

A Good morning.

Guests: Good morning.

A We are extremely pleased that you are here. It is good to come together for the purpose of co-creating. Do you agree?

Guests: Yes.

A You are knowing what you are wanting?

Guests: Yes.

A It moves about a bit. Doesn't it? Have you come to appreciate the contrast of your time and place?

Guests: Yes.

A Have you come to appreciate the contrast of your time and place?

Guests: Yes.

A Sometimes, it takes a few years to really come to appreciate the contrast of your time and place, for most physical Beings do not understand that you are creative, Energy flowing Beings. And so, most of you are not trained from your early physical awareness to be aware of how you are flowing Energy. Instead, you are, as most physical humans, looking at the results of Energy

that has been flowed, and you spend your lifetime trying to assimilate and catalog that—make decisions about the rightness or wrongness of the results—rather than getting inside the Energy and feeling the fun of molding it into the creative endeavor that you have come forth about.

And so, since most of you are charting the results of the way Energy has been flowed, when you see things that you consider to be good, you put them on the good side of the pile. You say, “This is a good thing.” And when you see things that you do not want, you put it on the other side of the pile, and you say, “This is a bad thing.” And when you are approaching life in that way, we understand why you would not appreciate contrast very much.

When the Energy that you flow, when the signal that you offer, in every waking moment, is because of what you are observing, we understand why you would want to limit the stuff that you observe to only be the good stuff. We can understand why you would want to get rid of all negative contrast and leave only the good stuff because, after all, when you look at something that is delightful and include that in your vibration, then your vibration remains in that high, pure place. But if you are an observer, like most, and you are the observer of something not wanted, but you still take that into your vibration, we can understand, how, as you feel that negative emotion, you would, over time, be one, like most are, who would like to limit the contrast, get rid of all the bad stuff and just be left with what you consider to be good. But the only reason that you, as a physical Being, want to limit the contrast is because you are still looking at results of Energy flow rather than getting inside the Energy flow.

You see, from your Broader Nonphysical Perspective, you would never limit the contrast. Because you know that contrast is necessary to the deciding of anything, and since you are Energy-flowing Beings, you know that the decision is the focusing of the Energy. You want to focus the Energy. You want decision. You want contrast. You want any mechanism. You want any process. You want any situation that would help you to conclusively decide, or focus Energy. As a creator who focuses Energy—that’s what a Deliberate Creator does—as a Creator who focuses Energy, you say, and said from your Nonphysical Perspective, “The more contrast, the better.” Because you know that contrast is the stuff that puts the eternity in eternity. In other words, without contrast you could not decide. Without decision, you would not focus. Without focusing Energy, you could not fulfill your reason for being.

So, we think, from what we have said here, it is rather easy to understand that the thing that goes wrong with most physical Beings is that they are mostly offering their Energy flow in response to something that they are observing, and that’s all right. But there’s nothing more delicious than offering your Energy flow because you have decided to offer your Energy flow. In other words, nothing is more delicious than you deciding and setting your own Tone.

When you were a little one and your grandmother said to you, “You are a wonderful Being. I adore you. Good things will come to you. All is well with you. The world will unfold for you. This is a wonderful life you are living. You are good at what you do.” As you heard her words, they felt very good to you because her words caused you to focus in vibrational harmony with your Source Energy. In other words, her words, her observation of you, her feeling about you, her attitude, her mood about you, her vibrational content as she observed these positive aspects of you, were so much in sync with her Source Energy and with your Source Energy, that when she influenced you to focus in a similar manner, you both soared in your high vibration.

But when your teacher, or some well-meaning Being in your life experience, says to you, “You are inappropriate. You should not do that. You have chosen wrongly. This is a bad thing that you are doing. Or, this is a bad thing that you are.” That negative emotion that you feel is because this influencer is influencing you to thoughts or to vibrations not up to speed with your Source Energy. But if this influencer caused you to focus there for as long as 17 seconds, because that is the combustion point of thought, then you begin to include that lower, slower

vibration in your mix, and as you do that you begin a separation. That's too strong a word, but we want to give you a mental picture. You begin to vibrate where your Energy is not. You begin to vibrate where your Inner Being is not, where your Source is not. In other words, you choose to vibrate differently than your Source Energy is, and when you do that, your Guidance System says to you, *you are not up to speed with who-you-are. You may want to choose a different thought.*

Imagine a cork bobbing on a body of water. It's up here in the high, pure, positive Energy. Pure. Do you get the sense of what pure is? Pure means, not contradicted. When you say, "I want a new red car," that's a pure thought. "I want a new red car." But when you say, "I want a new red car, but I don't have one. Or I want a new red car, but I can't afford one. Or I want a new red car, but a new red car costs too much. Or I want a new red car, but the policemen always pull over red cars." Now, your vibration is not pure. It's mixed with contradictory vibration.

So, imagine this cork bobbing up here on the top of the water, up here in this pure, positive Energy place. Now, take hold of the cork and hold it under the water. That's what negative emotion is—choosing a thought that is not up to speed with Source Energy and maintaining it long enough that you do not allow yourself to bob up there in the Energy that is natural to you. The good news is, that the moment you take your attention away from whatever it is that has lowered your vibration, your cork floats right back up to the surface.

It is so important that you receive this analogy because we want you to hear from us that your natural state of being is this high, pure, fast frequency. It is natural for you to soar. It is natural for you to feel elation. It is natural for you to feel clarity and vitality and certainty. In other words, it is natural for you to feel good. And you will always feel good unless you hold your attention upon something that does not allow your vibration to be there where it belongs.

Friends, you will never, ever acclimate to the lower vibration. It is not your nature. In other words, you will never focus different than you are and feel that it's all right. That's why you feel anxiety. That's why you feel frustration. That's why you feel anger. That's why you feel fear. That's why you feel guilt. That's why you feel loneliness. Those negative emotions are there to say to you, "Hey, this isn't who-you-are. You have the free will to be here if you want, but this isn't who-you-are." Getting the sense of this?

Have you heard the expression, "Ask, and it is given?" No greater truth has ever been spoken. Ask. And do you know how you ask? You ask with that desire, that feeling of wanting. You know that feeling? That feeling of desire? Do you know the deliciousness of desire in its pure form without resistance? It is ecstasy. But desire that is mutated with guilt or doubt or disbelief, that desire does not feel very good, does it? In fact, many people joyfully release their desire because it's been beating up on them for a long time, and the reason it beats up on you is because sometimes you have a desire and you haven't learned how to achieve vibrational harmony with your desire, so you've got this push/pull thing going on inside of you all the time. And the Universe is responding both to your desire and to your disbelief. And so, you move forward and backward at the same time and your manifestations don't happen because you're not in harmony with your desire. You're in harmony with your belief and your belief isn't in harmony with your desire. You're getting it?

When you are Vibrational Match to your desire, it must be. *Law of Attraction* says, *that which is like unto itself is drawn*. So when you have identified a desire and then you have worked to be a Vibrational Match to your desire, you cannot be denied. *Law of Attraction* says, *your desire and you must be one*. It is Law.

So, as we are chewing together today and tomorrow, it is our desire, if it is yours, to assist you in finding vibrational harmony with those things that you want. We want to show you how

to line up your Energy with your Source. We want to show you how to line up the Energy of your belief with the Energy of your desire.

In every moment that you are awake, it is as if you have a motor running. You're broadcasting a signal. It's like you are radio transmitter sending out a signal and the entire Universe is responding to your signal, and whatever is manifesting in your experience is the perfect match to whatever your signal is.

Do we want to show you how to offer your vibration because we want to help to affect your manifestation? In part. But from our perspective, your manifestation is the not the main event. But, without the manifestation you would not have reason to focus the Energy, and the Energy flowing through you is the main event. You said, "I will go forth into this perfectly balanced physical sea of contrast and from it I will become decisive. And once I have made a decision, I will align my Energy with my decision and I will take thought beyond that which it has been before. Thought and experience." You said, "I know that I am out here on the leading edge of thought and I will joyfully take thought beyond."

So, we are eager to talk with you about whatever is important to you. There is no order of business here. All questions are appropriate. It is our expectation, as this gathering is remarkably intimate, that we will find opportunity to really go beyond on some topics that are important to you. Relax in your asking, and trust that whatever it is that you are wanting to understand, will come. It will. It will come easily.

You are ready to begin? Right here.

After the Place Mat, then do what?

Q In using the Place Mat Process and having your desires there, and I'm clear about what I want there and what I'm giving to the Universe and empowering that desire, I feel really faithful or aligned, if that's the way it works. Okay. Then there's the rest of the day, and I have faith that all those things will be. I only doubt a little bit, or whatever, but I really have faith. So, is the rest of the day just going into these scenes, or if you're watching television or you see a newspaper news event, it's just stopping bringing whatever is the greatest joy or love or simple place of joy that you have to bring it. Is that the rest of your day?

A Yes, yes. In other words, "Is it important for me to hammer to the Universe constantly what I want?" The answer is, no. Once you have launched a creation, it is on its way to you. But there is one thing that we want you to focus upon here. It's an easy answer to what you are getting at.

Remember the formula. Identify the desire, and then be a match to it. So, when you are doing your workshop or when you are setting your goal or when you are doing or Place Mat Process, or any other number of processes that you might utilize, where you focus your Energy, you can feel yourself aligning with your desire under those conditions.

But, then, "What about when I walk through the day and I observe things that cause me to feel negative emotion?" Well, the thing that we want you to realize is, when you feel that negative emotion, you are, for that time, no longer a match to the desire that you have launched. It's not...

Someone asked the other day, "What happens when I do a good job of launching of a desire and then I get in a really bad mood? Do I have to start all over again?" And we say, no, not at all. Just remember that once you've created something, now your work is to be Vibrational

Match to it. And you can't go off into a negative place and continue to be a Vibrational Match to something that you want.

Q Even if it's unrelated, is what you're saying...

A It doesn't matter. You see, there may be many topics that you are holding your attention upon, but the various topics produce a vibrational signal in you. It would be like setting your radio dial on 101.1 FM because there is something that you want to hear, and then calling your friend saying, "There's something I want you to hear. Set your dial." And your friend says, "My dial's on 97.4." And you say, "Well, adjust it a little. I want you to hear this." Your friend says, "No." And you know that if your friend doesn't make the match, your friend is not going to have the experience.

Well, what we want you to hear, relative to what you've just asked, there are not that many frequencies. In other words... Oh, they are endless, but what we are getting at is, the frequency relative to relationship is the same frequency of success in business or financial success or the success of physical Well-Being. In other words, there are not... Even though they are different topics, they are similar in vibrational content. Joy is joy, no matter what your topic is.

So, let's say you have been focusing upon success in dollars and your dollars are flowing and you're feeling very wonderful about that, and now you go off and you spend time focusing upon some negative thing that happened years ago relative to a relationship. Well, now you are using that subject as your excuse to lower your vibration, and now you are really not a Vibrational Match to your idea of dollars either.

Now, this sounds a little confusing because you've heard us say, "What about the person who believes in dollars, and so he attracts many dollars, but he also believes in illness, and so he attracts illness? How do you account for the fact that he has success in money but a seeming failure relative to the subject of his physical Well-Being?" And we say, there are many factors that are included here. In other words, he may be focusing more upon the subject of dollars, and when he focuses upon the subject of dollars, he may very well be attracting more dollars into his experience, but the very worry that he feels about one thing and another, may be worry that is more vibrationally-coded to the subject of this illness than to the subject of his dollars.

And so, now, it sounds like we are saying to you, well, then there are lots of different vibrations relative to lots of different subjects. And we say, it can get very complex when you start trying to sort out all of the intricacies of every thought that you've ever thought or that anyone has thought. There is a much simpler way to go about it, and that's what you beautifully stated to us here. Set your goal—then get happy and stay there. In other words, when you are in your vibration of joy, everything that you want can then flow to you more comfortably.

We are going to cover some very specific, new territory here relative to this subject of Creation, relative to this subject of vibration manipulation. We really want you to get a sense of you as a focusing mechanism. We want you to get so good at not only recognizing how much Source Energy you're summoning through the specifics of your desire, but how much of that Energy that you are summoning that you allow to flow through.

Q Is it because I want happiness in all levels of my life. That's why I'm different than the man who might vibrate to wealth, but get ill. For me, that's why it's important for me to see all the areas and how I'm vibrating to them. I need to have synchronically there...

A Yes

Q ...because I want it all.

A Yes, that is. But we think this is the reason for it. You have come to the place of acknowledging that nothing is more important than that you feel good because you have come to the point of understanding that the way you feel is your indicator of how well-connected you are to your Source. In other words, you've come around, through all of it, to the understanding that that is the name of the game. In other words, you understand that Energy flowing through you is what it is all about. So, from that now decision, now you're taking that Energy that you are allowing to flow through and you are assigning it to different subjects. In other words, most physical Beings...

Let's find a beginning place here. Most physical Beings look through the contrast and they define something that they want. And they would come to a seminar like this with an attitude that goes something like, "Well, there's something there that I want that I don't have. So, I'm willing to learn how to flow the Energy, or do whatever I need to do, so that I can get that thing I want." And that's fine, but there's another level of understanding and experience when you come to the place of saying, "Yeah, I do want that. But more than that, I want the feeling of moving toward that." In other words, it's the Life Force that flows through me that I am really wanting, but I understand the importance of that, because without that, I don't summon the Life Force, but it is the Life Force flowing through me that is the name of the game. In other words, that's what I'm really wanting."

People say that and understand it when they say things like, "It is the journey. I'm wanting to enjoy the journey." But most physical Beings, even though they're saying, "I want to enjoy the journey," what they really mean is, "I want to get over there. Then, I want to get over there. Then, I want to get over there."

And so, it's a little bit tricky. It takes some time to find your balance as you have found it. It takes some time to finally get it that, "Yeah. I want to be over there, but the primary reason I want to be over there is because I want the thrill of moving over there." Yes. Very good. You'll hear much more as we are moving forward. Yes.

Back row.

Will vibration of joy bring only good?

Q So, what I see, in doing this process is that if I want wealth and love and happiness, because those things bring me joy, what you're saying, then, if I just vibrate in joy, they'll come to me, because those desires... I want them because they bring me joy. So if I just stay in joy, they'll come to me naturally?

A If you could hold yourself in the vibration of joy, which is also the vibration of wellness, which is also the vibration of wealth, those things would come to you. But what happens is, because there are all kinds of subjects around in this environment...

Let's say you meditated. Let's say you listened to music. Let's say you pet your cat. Let's say you thought of someone you love and your vibration is right up here in this high place. Then, let's say you go out into the world and you see something that you want, and there's somebody in your life that really wants it, too, and you would really like to get it, but you just can't afford it. And so, as you focus upon it, you feel disappointment. The question is, in your disappointment, are you feeling joy?

Q No.

A And so, the trick is: "How can I hold myself in the feeling of joy, or in the feeling of success, when I am looking at things of a lower vibration?" And the answer to that question is, you cannot. You cannot look at those things that you do not want, for as long as 17 seconds anyway, without including them in your vibration.

So, what we're really talking about, here, is becoming so aware of what it feels like to be in vibrational harmony with your desire that when you dip from that vibration, you recognize it. You don't have any trouble understanding vibrational content when it comes to your radio dial. In other words, you can feel static and you can hear when you've got a station that doesn't please you.

In other words, you can make those decisions rather easily, but most physical Beings have grown accustomed to the feeling of negative emotion. It's normal for most of you to feel a little ornery or a little frustrated or a little overwhelmed or a little guilty or a little blameful. And so, most of you, even though your Guidance System is telling you that you're off your dial—off your signal—most of you have acclimated to it, and so you don't even realize. When you think about some subjects, the joy comes easily, but on this subject of financial or fiscal reality, there's a whole different feeling within you that's a familiar feeling. So you don't even recognize that you've lowered your vibration now that you're focused upon that. You get the sense of what we are talking about?

Q I do. One last thing. You spoke about desire. Did I hear you say a new thought that when you get a new desire, you should immediately be joyful, because that's the summoning of Energy?

A Well, there isn't anything more delicious than that feeling of desire because when the desire is born within you, that's the asking. It is literally what summons the Energy.

And so, imagine a meter—an emotional Vibrational Meter—and feel with us, for a moment, the feeling of elation. What elation means is, you have desire and no resistance. In other words, no disbelief. You have desire and expectation. You have desire and belief. That's that feeling of elation. That means you're summoning plenty of Energy and you're letting it flow. That's what elation feels like. That's what passion feels like. That's what enthusiasm feels like, you see.

Now, feel with us, for a moment, the feeling of contentment or peacefulness. Well, that is the feeling of not much desire in this moment. You're not focused on anything specific in this moment, but there's no resistance in your vibration either. So you're not summoning lots of Energy in this moment. You're not in the creative mode of funneling the Energy. You're just allowing your Well-Being to flow to you and through you. So, there's not much desire, but there's no resistance either. Nice place to be, too.

Now feel with us the feeling of a little aggravation. Well, what that feeling is, is some desire, but some resistance. In other words, you're asking for Energy you're not letting through. So, that's what that... Now imagine the feeling of downright depression, or even anger. That's strong desire, but it's also substantial resistance that's not letting it through. You get the sense of this?

And so, what you're... That's why we say, if you would just pay attention to the way you feel, you have done enough wanting to keep yourself busy for 20 or 30 lifetimes. In other words, every time you feel pride, every time you feel exhilaration, every time you go "yes," every time

you have that feeling of appreciation, the entire Universe knows this is something that pleases this Being. This is something that he wants.

And so, if you could just go through your physical experience holding yourself in the vibration that allows the Energy to flow, you would live a very productive and satisfying life. But there is something even more than being in this place of contentment where you are just allowing good things to come to you. There is something wonderful about being on this creative edge where you are deliberately summoning the Energy and you are deliberately allowing it to flow through.

In other words, we know that as we speak to most physical Beings, most of you would like very much to get everything done so that you could rest. Esther heard someone saying to a friend who was tired, "Don't worry, honey, you can rest in heaven." And Esther said, "I don't think so. Don't bet on that. I don't believe that's quite how it is."

And so, it is only from the physical, human perspective that you think that you would like to get it all done so that, then, you could rest. In other words, most physical Beings are still putting out brush fires, and they really believe that what the joyful experience will be is, once they get all the brush fires put out or all the bills paid or all the problems solved or all the dilemmas taken care of... And what we want you to understand is ,you will never get it done. You will never get it done. In other words, you will not. You will not ever get it done. Life is continuous. It is eternal. We will never get it done. There will always be a new perspective from which to desire, you see. Desire is essential to the ongoing of life. It will never cease to be.

And so, the key isn't getting it done so that then I can rest and feel contented. The key is getting so in alignment with the Energy, that while I'm getting it done, I'm soaring. You see, it's not getting done that you want. It's releasing resistance. What you're wanting to do is release the habits of thought that don't allow you to soar. And sometimes, you will soar fast.

Jerry and Esther walked to the top of a mountain, Tamalpais, yesterday, and as they stood on the top of the mountain, they looked up, and a crow came to fly with them and it spiraled up. First, they could see it down below, and Esther said, "Come here where I can see you." And the crow comes up and is flying right around their head and talking to them about the beautiful day, and then, went up and then just floated, floated, floated. And Esther said, "This is the way it feels when the Energy flows." In other words, the sensation of Well-Being, the sensation of power, the sensation of utter choices. In other words, it is a feeling of ease as you direct the Energy to flow.

You'll hear much more as we are moving forward.

Q Thank you.

A Good. Now what is it that you are wanting to talk about? Begin right here.

Which of these thoughts feels best?

Q I had to write it down. I feel like a fraud. I've asked questions, been given answers and continue to walk in the glass. We talked about that the last time I saw you. I am under the cork looking up, thinking to get it up will require Energy to maintain it, and the thought is exhausting. If where I am is a constant state of down and a certain resignation to that space, and in order to create, I must raise my vibration and maintain it, where do I move from here. And the last thing I wrote was, because what I want and where I am are so...are miles apart. Do I look for a little lift and look to the feeling more and more?

A You are articulating on behalf of many because, "How can I get to where I want to be from where I am, when where I am is so far from where I want to be?" And the thing that trips you up so much is that you, like almost everybody else, have this very strong habit of noticing where you are. You see...

Remember the analogy of the cork floating? We really want you to play with that in your mind, a bit, because if you could accept that that is who-you-really-are, and if it weren't for whatever it is you are looking at that, in the moment, brings your cork down, you would be bobbing up there in a wholly different place.

You see, you are powerful in your now. In every moment, Source Energy is flowing to you and, in every moment, you could flow it toward whatever you are wanting. But, it's tricky, isn't it, when you feel like it isn't working, and when what you feel is responsible for what then comes, it's sort of like a spiral that holds you in the place that you do not want to be. If you could find anything, and we really mean that—anything—that interested you enough that you would focus upon it for a little while, you could break this log jam. In other words, it's just a matter of finding something that you focus... Because *Law of Attraction* will help you.

In other words, it's a bit like when you get into your car, you don't think about having to create an automobile. You don't think about having to orchestrate the engine or make the pistons work. You don't worry about manufacturing the rubber for the tires. In other words, you don't see that as... If that were your job, it would be overwhelming. In other words, if all of you, before you left here today, you said, "I've got to go create a car before I can get home," it would be overwhelming. And we think there would be a bit of camping out here in this room.

But you don't have to start all over again. In other words, there is so much that is already working for you. And that is the place that we would begin if we were standing where your words depict. We would begin saying things, and in your later statements when you said, "Do I just look for the lift where I can find it. I just look for it here and here and here?" We say, yes, really that is what it is about. You have to want to feel good so much that you are willing to find a thought that feels better.

You see, it isn't complicated. It is as simple as, which thought feels best? This thought or this thought? In other words, does it feel better to assume failure, or to hope for some success? Does it feel better to assume I will always be right here, or imagine that things might turn for me a little bit? You don't have to figure it out all at once. You just have to, in each moment, make the choice that feels the best.

Q Coming from where I am right now, that feels like a lot of work. So, if I set myself to say, "Okay, for the rest of the week I'm going to look for thoughts that feel good." And really, you know, I think if you could assure me that it would only take three days, and then I would feel it, and it would be really easy after that, I could commit myself to the three days. But, from where I stand, it looks like it's this big, huge job that I may not maintain this lifetime or be able to get to.

A When you say, "It looks like this big, hard job," you're nailing another foot down. In other words, just a statement like that is setting you back. Are you saying to us...?

Let us give you some examples, just to play a little bit here. Which feels better to you? Thinking about a day like today where the sun is shining and everything is sparkling and the grass is green and the flowers are blooming, or a deluge that causes houses to slide down the mountain? In other words, which of those thoughts feels best?

Q The sunny day.

A Now, do you... Since we're sitting here in this room, we can see neither from here. In other words, it could be pouring down rain out there, or it could be shining and blooming and glistening. In other words, the reality of it really is not pressing on us here. And so, if you had a choice of those two thoughts, you would choose which one?

Q The sunny day.

A And do you feel that you have choice in that?

Q Yes.

A Now, if you had a choice of dollars flowing easily and eventually dollars not even being part of the equation, or dollars coming very hard and debt weighing very heavily. As you sit here in this room separated from any reality, which of those thoughts feels better?

Q The dollars flowing.

A *We have nothing more significant to teach you than that simple choice.* But, we think what trips you up is, that you are like most physical humans. You are so enamored with the physical manifestation, and somehow the physical manifestation... Because, you see... Let us finish the thought and then tell you why.

The physical manifestation carries more weight with you than it deserves. The physical manifestation gets a bigger piece of your attention than it deserves because almost everybody on the planet, who is human and physically focused, is running around measuring physical manifestation instead of paying attention to Energy flowing. So somehow, they've got you all believing that what-is is so significant that it consumes your thoughts. And what we want you to hear is, what-is is so temporary. There it went again. There it went again. There it went again. There it went again. It does not deserve the attention you give it. You see, you are powerful in your now. We want you to think of yourself...

You know how you take your camera and you can turn the lens on it. You can focus it into blur or you can focus it into something you can see sharply? You know how when you take your binoculars and you gaze out across the mountains, and you can focus them so you see fuzz or you can focus them so you can see clearly. We want you to see yourself as this focusing mechanism. You are a transmitting and receiving mechanism, but mostly what you are is a focuser of Energy, and you do that in your now. It's this culmination. Nothing matters that is outside of you. The only thing that matters is the Energy alignment inside of you.

In other words, one million people could be confused upon a subject and you could find clarity upon it. In other words, what anybody else is doing doesn't have anything to do with anything. The only thing that has anything to do with you, or anything that matters to you, is your alignment of the Energy. "How much do I want and how much of it I'm willing to believe? Or, how willing am I to find the thought that feels best?" Does it feel better to remember my mother mad at me, or remember my mother adoring me? Does it feel better to remember my mother in her vital wellness, or my mother tired and despondent and discouraged. Now, most would say, "Well, Abraham, my mother was never vital and alive. The only picture I have of her is discouraged and despondent." Then we say, then choose another subject. Or, selectively sift more carefully. But remember, you were not sent here with this physical focus to look around at reality as it is. You are the Creator of that, you see.

So, we think you're making too much of this when you say, "It's too big. It's too overwhelming." We say, which thought feels better? Which thought feels better? Which thought feels better? Which thought feels better? Does it feel better to compliment or criticize? Which feels better?

Q To compliment.

A Does it feel...? Now, what if there is a person in your life who has many things that you could easily criticize and hardly anything that you can compliment? Does that reality control your offering?

Q Yes.

A For most it does. But that's the thing that we're wanting to shake you loose from. In other words, you really believe... We know you do, and most do. You really believe that things need to change so that when you observe them, you see something different. But, from your Nonphysical Perspective, you know that wasn't the plan at all. You know that in anything, you can find something to compliment. In anything, you can find something to praise. In anything you can find a match to your Core Energy. It just takes a little bit of practice.

It is our absolutely promise to you that three days of moderate effort would set you free. In other words, not even very hard effort. Just a determination that you want to feel a little better. Because we know that with every effort that you make...

We're going to be doing a lot of Focus Wheels here today. We'll do one with you in just a moment. When you take the time to do a Focus Wheel, which means when you take the time to shift your Energy relative to a subject, you never go back to where you were before.

Now, let us tell you what makes this all feel so complicated to you. You're really going to like this. *Law of Attraction* is powerful and, in fact, no one can buck the current of *Law of Attraction*. In other words, you can't develop a habit of belief or thought or Energy flow, and then take action that defies it. It is not possible. And yet, so many of you ask that of yourselves and then beat up on yourselves and say, "Oh, I have no will power or I have no stamina." And we say, you are asking something that is not possible. If you don't take the time to line up the Energy, there is no possibility of you finding motivation that will guide you toward what you want. It's just not going to happen.

So, we want to find the beginning place of this for you. If you could snap your fingers and have anything that you want, and try to find the feeling place, for just a moment, that you felt when you wrote what you read to us here. What is your dominant desire? In other words, what has the contrast that you have been living caused to formulate within you? What is your desire?

Focus Wheeling creations of a slender body.

Q I think it would be losing weight and having my body be thin again.

A So, now, do you think that that is the subject that, if that were in its right place, then all other things would fall into place?

Q Yes.

A In other words, do you think that's the thing that is most discouraging, most pressing, most evident, most apparent, most responsible, as you observe it, most responsible for the vibration that is not where you want it to be?

Q That's how I hold it.

A So, as you live this contrast make your statement of desire as simply and as purely as you can... In other words, if you saw this Universe as this benevolent giver... In other words, what would you ask the Universe to give? In other words, just make a simple, clear statement. "Universe, please, I desire..."

Q ...to weigh 130 pounds.

A Now, can you feel that as she makes this statement, she's making a statement of something that she's not vibrating. And it's easy to understand that, isn't it? In other words, reality is very dominant. Reality keeps coming up and asking you to look at it. "Look at me. Look at me. Look at me." Would you rather... Let us rephrase this question. Are you more likely to sit on a comfortable spot and imagine a delicious vacation, or are you more likely to listen to someone else talk about their vacation? Which of those two is more like you?

Q Listen to somebody else talk about their vacation.

A Are you more likely to sit in a coffee shop somewhere off to yourself and envision your future experience, or talk to someone on the phone about what's been happening lately?

Q Talk to somebody on the phone.

[Jerry: This is the end of side A of this recording. Please turn the cassette over and continue with the message.]

A And so, you're not different from most. In other words, reality sort of has a hold on you. In other words, it seems dominant. What we want to do, we want to give you a sort of paradigm shift where you see yourself as a Creator, not a regurgitator. In other words, you're not an historian of reality. You're not a statistic taker of reality. You have not been assigned as an historical guide to explain to anybody how you got right here. In other words, we're not walking through the streets of Williamsburg, or on a Bostonian tour, where you're explaining to anybody that wants to know what led up to this. In other words, that's not who-you-are.

Who-you-are is a container, a vortex, a focuser, a holder, a keeper of Energy that creates worlds. And you stand here on the apex that is called your now, where all of your power is, and you get to express this Energy in the way that feels best to you when you express it. Getting the sense of what this is? And so, what that means is, your imagination is much more the creative tool that you've intended than your observation or your ability to tell things as they are.

Now, if I am a Being who has this ability to focus Energy—if that is my creative mechanism—then why in the world have I come into a physical environment where there is so much stuff to observe? And we say, because every Creator needs a platform from which to launch. In other words, you have to have this basis of where you stand in order to reach for something beyond. But what happens to so many physical Beings, you've become so enamored with explaining what-is that it's hard for you to shake loose into the Energy of what will be.

So we want you to see yourself, for the next three days, and we will get to a place where it will be easy for you. We want you to see yourself as an Energy, not as a physical body. We want you to separate yourself, just for fun, from the imagery of what your physical body is, and we want you to accept yourself as mind, as focuser, as imaginer, as flow-er of Energy. Now, as you are this flow-er of Energy, you have only simple criteria. You're wanting to reach around this galaxy, reach around this Universe, reach around this buffet table, reach around anything that may stimulate you to any kind of thought. You're wanting to reach around for the thoughts that feel good. In other words, in this imagery, that's the only criteria. How does this thought feel? It has nothing to do with what-is. It has nothing to do with what has been. It has nothing to do with your physical countenance. It has nothing to do with anything. It's, how does this thought feel? Get a sense of it?

Q Yes.

A As you begin to free yourself to be this vortex that allows thought to flow through you, relative to any subject... Now, if you were choosing a subject like prosperity, or like creating some sort of an empire, or like organizing something at work, it would actually be a little easier for you, at first, because it's easier for you to not focus upon the reality of something when it's not so present. In other words, in this room there's no business. There's no telephone. There are no clients coming or not coming. There are no partners harassing or loving. In other words... But your body is in here with you. In other words, your body goes... It's harder for you to separate yourself from the reality of your physical apparatus than it is almost any other thing because it sort of goes everywhere you go.

Q Right. I could imagine what the weather's like outside or the feeling of it whether it's raining or sunshine. It's harder for me to step out of my body and imagine anything any other way.

A And yet, step out of your body is exactly what you must do. In other words, you must begin to think as a focuser of Energy. In other words, what we want you to do is *begin modulating thought in terms of the way that it feels rather than in terms of the results that it will net you*. Now, here's the reason for that: *The tendency is to flow a little Energy and then take score. Well, the problem is, as you flow the Energy, the Universe responds instantly. But when you take score—you're right back in that reality again, you see.*

And so, what you're wanting to do is, goose up your imagination and flow the Energy, not because of the results that you are wanting, but instead, because of the sensation of alignment of Energy in this moment. Can you feel how that would benefit you? In other words, if you were choosing the thought because the thought feels good in the now, not because you thought the thought would lead you to a slender body. "Whoops! It's not done yet." You get the sense of what happens?

Q Yes.

A What happens to most people is they say, "I'll pay my money. I'll write my goals. I'll go through the process. I'll do what I should do." And they go through those motions and, sometimes, even align their Energy, but then they turn right around, look at the reality and then

achieve harmony with what they don't want instead of maintaining the harmony with what they do want. You're beginning to hear us a little bit here.

Q Uh huh.

A You're beginning to hear us. Your work is not to monitor the condition of the body. Your work is not to monitor or control the action of the body. Your work is not to compare this body to any other body. Your work is simple. Your work is to find alignment within you of Energy. So, let's do a Focus Wheel.

We want to talk with you about the function of a Focus Wheel. The process is simple. You just take a sheet of paper. The bigger the better really. Draw a circle in the center of it about the size of your fist and in that circle you will eventually write what it is that you want. In the beginning you don't write it. You just sort of know it. The reason you know it is because the contrast has helped you to know what you don't want. So, the same contrast has helped you to know what you do want... In other words, something has sort of irritated you into an awareness that "By darn, I'm going to have something different," and what it is, you will eventually write in the center of the circle. But you don't want to write it in the beginning because you are not feeling it. In other words, you are feeling the opposite of it or the lack of it in the beginning of most Focus Wheels.

So, you draw a circle and then you begin to make—writing is best—phrases, little clumps of statements, around your Focus Wheel. In other words, just clump, clump, clump, clump... It doesn't matter how many. Sometimes Esther writes three or four. Sometimes she writes twenty or thirty. It depends on her mood. It depends on how much it matters. It depends on how much time she has.

So, did you ever see one of the merry-go-rounds on the playground that the children push? Do you remember being a child and wanting to get on but it was going too fast and you couldn't get on and they wouldn't slow it down. It was going so fast. And when you tried to get on, it sort of threw you off into the bushes. But if they would slow it down enough that you could get on, then together, you could get the momentum up and you could all have a nice ride on this wheel. Well, this Focus Wheel is the same idea. You know what you're going after. In this case, "I want to weigh..." How much did you say?

Q 130.

A "I want to weigh 130 pounds." Well, if you began by saying I want to weigh 130 pounds, off in the bushes you'd go because that statement is too specific. It's too strong and you don't believe it. In other words, if you believed it, you'd be there. So, off in the bushes you go. So, what you're wanting to do...

We've noticed, and you've noticed it too, that when you make general statements, you are usually purer. Purer, meaning less contradiction. You getting the sense of it? In other words, "I want \$100,000 and I need it by Friday." Off in the bushes you go. But if you say, "I want \$100,000 and I believe that the Universe is benevolent and there is really no reason why it shouldn't come to me and I know I will find a way. Eventually, in time, the dollars will flow to me." Much more general statement but it was much more purer in content. Did you feel it?

So, you make general statements to get on the wheel, and then, once you're on the wheel, you can make, by *Law of Attraction*, more and more specific statements until eventually you find yourself summoning very specific Energy and feeling good at the same time. The Focus Wheel helps you to bring your Energy up. Now, we talked earlier about thinking about something where

you have no resistance. Thinking about bunny rabbits or happy children or beautiful music. It's easy to have your vibration in a high place relative to those things, isn't it?

So, you bring yourself to that high place, and then you look in the mirror at your physical body and down you go. In other words, you focus upon something that takes you far from where you want to be. So, there is advantage to bringing yourself to this high place, going back and thinking about your physical body, getting on the Focus Wheel and bringing your Energy back up to this high place while you are thinking of something that formerly took you down there, because when you do that, you've altered the vibration of your Being relative to that subject, forevermore. Forevermore.

In other words, your vibration relative to all subjects is right where you last left it, and most of you when you... You develop a desire. You go back and look at something you want. It takes you right back down there and you say, "Oh, that's uncomfortable." And eventually you say, "Never mind, I don't want that anyway." What we want you to do, instead, is to identify the desire, look back at where you are, get it on a Focus Wheel, bring it up to vibrational harmony with who-you-are, and now you are on this new paradigm. You are on this new platform from which to continue to create. You get a sense of what we are talking about?

Q Yes.

A So, let's see if we can get you on this wheel beginning with very general statement. "I acknowledge that *Law of Attraction* is a very powerful Law." We didn't feel you go flying off into the bushes. In other words, you accept that. It's a general statement. It doesn't feel like it has much to do with what we are talking about, but at least it didn't cause any resistance in you, did it?

Q No.

A "I know that there are all kinds of people that are responding to *Law of Attraction* in all kinds of different ways." It's sort of a limp, not very controversial statement, but it didn't spin you off into the bushes, did it?

Q No.

A "I believe that our physical bodies are much more connected to this *Law of Attraction* than any of us have really understood." Felt pretty good. You haven't been bounced off into the bushes yet. "It interests me that all kinds of people are choosing all kinds of diets and they are responding in all kinds of different ways." You're on. The wheel is still turning very slow, but you're on. "I recognize that metabolism or physical body response must have something to do with Energy as well as with action or consumption. In other words, it's a very interesting subject to me. It would be great fun to come into vibrational harmony with my physical body. I'm really looking forward to making food my friend. I'm really looking forward to coming into harmony with food and action and Energy relative to my physical body." It's starting to feel pretty good, isn't it? In other words, we're getting more specific about the body, and so far, you didn't bounce off into those bushes once.

"I love this physical body." Now, you just went off into the bushes there on that one a little bit. It was soft and you are flowing with us but if you had begun there you would have bounced right off. "I'm appreciating this resilient, flexible body. I believe that my body will respond to my alignment of Energy." It feels pretty good, doesn't it?

Q Uh huh.

A "I am looking forward to being at one with my physical body. I'm appreciating it is a mechanism that allows me to focus in this time/space reality and I have a sense that once I get into alignment with my Energy, relative to all things, that even the subject of my body will come into happy alignment. I love the feeling of being in this body. I love the feeling of focus. I love the feeling of sometimes the vitality that I feel. I love the feeling of the physical senses. I am appreciating so much this physical apparatus." Now, we don't know if you can feel it or not, but your Energy is shifting dramatically as we were talking about this. In other words, you are releasing resistance relative to your physical apparatus.

Q I can feel that.

A "My physical body is a very good friend. My physical body will respond to the purity of my thought. I am looking forward to finding myself in some clear, conscious, fun, satisfying refreshing visions relative to my body. I'm beginning to understand that my body has been responding to my thought, and as I understand *Law of Attraction*, I know that what I've been thinking and feeling and what I've been getting have been very much a Vibrational Match. I'm looking forward to the new physical match that my body will give to the new visions that I begin to offer. It's going to be great fun holding a vision and feeling the satisfaction of it and then watching my body conform. What fun it's going to be to watch this pliable, fluid, almost clay-like body molding into the 130 pounds that I am beginning to envision. What fun I am having with this process."

Now, none of this felt very dynamic, we know, especially to those of you who are sort of sitting on the outside of it. But the thing that we want you to hear is that you've adjusted the Energy of your body relative to this subject, dramatically. In other words, you will not go back to the place that you were feeling about your body before. You cannot. In other words, you've gone from this place of desire and from this place of connection, and you've taken a subject that was formerly lower in vibration, and very gently brought it to a new place.

Now, you're not in the place where you will ultimately be. In other words, there will be a time where you will be sensationnally exhilarated about your physical body. In other words, we didn't bring you that far. We brought you to the place of beginning to accept that your body is fluid and moldable and pliable, and now your vibration is in a place that you will begin to get different results, right away. You will begin to see it right away. That's the process of a Focus Wheel.

Now, your words are as wonderful as ours. In other words, all you do is keep reaching for words that feel better, reaching for words that feel better. You can feel when the statement spins you off into the bushes and you can feel when the statement allows you to stay on the wheel. And you can feel when the momentum begins to gather and you can feel when you've done enough. In other words, you can feel when you've made enough statements and you're not gaining any more from it, and you can feel relief. In other words, when you're finished, you can feel that you're in a better-feeling place. The feeling of relief is what it feels like when you're vibration raises. The feeling of relief is what it feels like when you've chosen thoughts that are more of a match to your Source Energy. You'll hear more as we are moving forward.

Q Thank you.

A Yes. Indeed. Third row. Yes.

Addressing the concept of wasted natural resources.

Q Abraham, good to see you again.

A It is nice to be seen.

Q I wish you would address the question of waste. I have spent probably the last 30 years of my life trying to simplify my life, recycling everything, doing my duty in this fashion, and I have pretty much, as you already know, made myself an enemy of the consumer society.

A Yes.

Q Right. And I hear you say, "Consume. Consume. Consume." Or, "Spend it. Spend it. Spend it. That's the way we create. That's the way our passion flows. That's the way we've got to go."

A Yes.

Q And it is... There's where I feel resistance inside me because, you know, I want to do... I want to save things, and I have a kind of relationship to things, like my old car and the old radio, and I have a great deal of difficulty... Well, I don't have difficulty letting go. I can do that, but I sense a definite contradiction, which may not even be there. It may just be a plain old problem with abundance again in not being... Between what I'm hearing you saying about consuming...

A Well, the two subjects are very much intertwined. The thing about abundance and the thing about waste. But we want to give this to you fully. You will hear it very easily here.

We have to say to you, first, that in all of the galaxies, in all of the Universes, in all of the time/space reality that we have focused, the only species, that we know of in all of all of all of that, that believes in lack is the human physical Being. Now, we may go back to talk about how you got there a bit, but mostly what we want to say to you...

We want to give you an understanding of how all of this works. If you step back into the broader view, you understand that everything that is physical is an extension of Nonphysical Energy, and as you understand that the Nonphysical Energy is continuous... In other words, everything is moving forward. Everything is becoming more. *Law of Attraction* says that it must. So, when you understand that there is this endless source and that the only thing that even remotely relates to the feeling that you call waste is the disallowance of the Energy.

In other words, think about the Energy that you call electricity that is coming into this room and feel it up against your circuits. In other words, it's flowing into this building. Now, as you come into this room, you don't look for a dark switch. In other words, you don't try to cover the Energy up with an inky, filmy stuff. Instead, you just stop the flow of the Energy. In other words, you stop the circuit. You stop the Energy from flowing, and when the Energy does not flow, the absence of the light exists. Now, that absence of the light you could call lack. But it has been imposed by the physical human who stops it from flowing or who did not summon it to begin with. But its existence—its potential—is always there for you.

So, the only thing that even remotely resembles this feeling of lack that physical man... Shortage. In other words, not enough time, not enough money, not enough clarity, not enough. All this not-enoughness is the very resistance that we have been talking about. It's the contradictory thought that disallows the Energy from flowing, but it does not mean the source was not there. It would be...

If you were standing at Niagara Falls and someone explained to you, "This is your source of abundance. Wellness flows in this amazing flow. Wellness, clarity, dollars is all flowing to you in this Niagara Falls and these falls are yours and yours alone to use in whatever way you are wanting in this lifetime. Oh, wait. There is one other. See, way over there on the distant bank." And you look way over there and you see a tiny little figure of a thing over there in the mist and you are told that other one person and you share all of this abundance and Energy. And you say, "Oh, there is more than enough than either of the two of us could ever..."

You would not find yourself worrying about what he did with it or worrying. You could barely see him, anyway. You would not worry about what he would do with it or what he wouldn't do with it because the abundance is so enormous. Instead, you would get focused upon how you would utilize it. And you would begin to understand that even if you gave it every waking moment of this physical experience, you could not even begin to make the slightest difference in this Stream. It is so big that...

And so, finally, when you get it that the Stream is enormous and eternal and ever present and always flowing—finally, once you get that—then, you stop worrying about what anybody else is doing with it or about it, and you just develop your relationship with the Stream. Now, if you ask for more of it than you have a way to channel, you'll feel discomfort. You'll feel out of balance. If you ask for more of it than you allow to flow through you, you'll feel the discomfort within you because you have not yet established your relationship with the Stream. If you don't find any place to flow it, you'll start feeling uncomfortable and unfulfilled, maybe even guilty for not utilizing something that is there for you. But it doesn't have to do with waste. It doesn't have to do with anybody else misusing it. It has only to do with your relationship with the Stream, you see.

Q I'm about to come with you on the business of "my abundance does not deprive anyone". I'm close. I want you to know that.

A Yes. We can feel that.

Q But, this... And you've almost said it and I think this is going to be it. There's something about the respect that I hold for certain...for everything. For things having to do with the Earth, as you know, and I don't want to have the attitude... What I don't want is the attitude of waste. I guess that's what I'm really talking about.

A Well, here's the thing. You see... Go back to the place that you found—we felt you find it—of, this is about my relationship with the Stream. So since the Stream is as big...

Let's say that there are a hundred people on the planet utilizing the Stream but the Stream could provide for trillions of trillions of trillions, but there are only a hundred of us utilizing the Stream. There would be no concern about it if this big pot of abundance and Well-Being were seen to be that efficient and profuse. No one would worry about it. Let's say that because you are all different and because you've come forth with different intentions, each of you find different balance within the Stream. It is not written somewhere that you all have to take from it equally. It is not written that you all have to do the same thing with it. But what happens...

This is where we began here today. Most people are not aware of the way the Energy feels as they flow through them. Instead, they're running around charting the results of how others have flowed the Energy. The Senate today and yesterday is inquiring of Bill Gates, and what they are essentially saying to him is, "You are taking more than your fair share of the Stream." And what he is trying to explain to them is that the Stream is endless and the only reason that I'm getting this much of it is because I found vibrational harmony with it." He says, "I can't beat my success off with a stick."

Q That's right, that's right, that's right.

A Yesterday, the Microsoft stock rose an insignificant amount but because of his share holdings his profits, his increase in profit yesterday, was over seven hundred million dollars. While they were all jabbing at him and hating him and condemning him for his success, he just made another seven hundred and forty million dollars—because he understands his relationship with the Stream. And he sat there perplexed. He knows that in a million years he cannot convey to these small thinkers—who still believe that there is only this much and that they have the right to divvy it out—that they are the keepers of the Stream. And Esther said to him, as she went to sleep last night, "Mr. Gates, do not lose your place in this. Remember that the Stream will continue to flow and it doesn't matter what they do. They cannot legislate your success away from you." In other words, no one has control of your vibration.

So, when you finally get it that the resources are endless and what comes to you has only to do with your desire and allowance of it and you stop worrying about what anybody else is doing with it and you trust—now this is the hard part—that the Universe has the ability to supply anything that anybody wants. Do you know that there are people that are starving in this time of enormous abundance? In other words, there are... The abundance is there for all, and there are those that have themselves in such a vibrational place that you could not do enough for them to keep the abundance flowing, you see.

So, now let's talk about this subject of waste and try, if you can, to put it in the context of the balance that we have been talking about. Let's say that you have a new partner that you're sharing living space with, and this partner loves automobiles and has already developed a relationship with abundance, so dollars are no object. In other words, there's no end to the dollars that flow. And so, every day your friend brings home another automobile, and for the first three or four days it was pretty fun. They were magnificent. Some of them were sports vehicles. Some of them were utility vehicles. Some of them are luxury vehicles. One of them is a big Earth mover. In other words, every day this friend brings home another...

And now, you begin to feel imbalanced because there is not a place to put them. Your neighbors are starting to complain. The garage was full long ago. Now, that feeling that you might call waste is bubbling up within you, and we would say, rather than calling it waste, let's call it, just for the sake of this understanding of Energy, it's an imbalance. In other words, when you summon more than you are flowing through... In other words, when you crowd your experience, when you clog it up with Energy or water... If you drank endless water and never allowed any of it to flow through... If none of it flowed through perspiration or through your digestive system, your body would explode. Your body would suffer. In other words, in and out, in and out, in and out, in and out. The Energy must be in motion in order to be in balance. In and out. In and out.

And we think this feeling of waste that you're feeling is the feeling of summoning it in and not letting it out. And if you summon more in than you are releasing, then you get this imbalance, you see. And the reason that it feels uncomfortable is because, as creators, you're on

this apex, you're on this very special culmination point where desire and belief meet, and when you are in perfect harmony with this Energy, you're just flowing along in perfect motion with all things. But if you get the Energy coming in faster than you're letting it flow, there's an imbalance. Or, if you don't let the Energy come in in harmony with your natural ability to allow the Energy to flow in, now you are all out of whack.

Q Okay. The only question now is, am I depriving myself of creativity... You know, a passionate creation of my worlds by simply staying with my old car while she's bringing home five or six. Right.

A Let us take a segment of refreshment. When we come back we want to talk specifically about your car. This is a very important topic. We want to help you feel... You see, is it righter or wronger for you to stay with your old car or have a new car every year? There's no right or wrong in this. It's all to do with the vibration that is within you. We just want you to find the right feeling place as you are making these decisions.

Q We're close.

A Good time for segment of refreshment. We are complete.

But, what if everyone wasted resources?

A You still have the microphone.

Q I do. We were talking about waste, and particularly the question of recycling, which is one that I wish you would address. Should we or should we not recycle? Does it depend on our own personal circumstance?

A In truth, you see, you cannot stop recycling. Sometimes, if you step back and take a broader view... Every now and again, we will hear Jerry or Esther say, as they see someone littering or as they see someone doing something that they personally would prefer that they do not do, and Esther will say, "What if everybody did that? What kind of a place would it be?" And then, in time, as Esther relaxes a little bit she hears us say, "But everybody is not doing it. Everybody is not wanting to do it." When we speak of the balance of your time/space reality, we're not just talking about the right number of frogs and the right number of rabbits and the right number of humans. We're talking about the perfect combination of desires and beliefs that you hold, as well.

And so, what happens is, it is our absolute promise to you, that the Nonphysical Energy that orchestrates this balance would not set forth an imbalance in terms of desires and beliefs. In other words, you come forth in this perfect... Your balance is so perfect that do you know that anyone of you who desire anything, the resources to have it in its implicit specifics are here for every single one of you. In other words, there is no possible way that any of you could ever be denied anything that you have the ability to desire. The only thing that denies you is your own misalignment of Energy. In other words, the resources are there. The *Law of Attraction* is in place. The probability of your developing the idea is there. In other words, everything that is necessary for this ongoing, leading edge time/space reality is here for you. And the only thing

that ever messes any of you up is when you get in this place where you're pushing against something.

You heard us say this the other day, but we want to reiterate it here because it's at the heart of this dilemma. Everything is about attraction, which means everything is about inclusion, which means everything is vibrating and as it is vibrating on purpose or not, the nature of its vibration is causing other things of similar nature to come to it. So, there is no such thing as law of detraction or law of assertion or law of get-it-away-from-me. In other words, there's no such thing as "no." Everything is about... Everything is about, this thing that I am giving my attention to, I am now including it. I'm now becoming it. I'm now joining it. I am now at one with it. Everything is about attraction.

So, as you are standing here in your physical bodies and you are paying attention to the way you feel, and giving your attention to those things that feel best, then only those things that are in harmony with what you are wanting, do you have vibrational access to. As you see this thing that you want and you say "Yes" to it, you include it in your vibration and, therefore, in your experience. As you see this thing that you do not want, you include it in your vibration and, therefore, in your experience.

So, is it possible to experience the lack of something that you want? Yes. By noticing that it is not there. But does that mean that it is inherently not there? No. That means that you've got your valve shut off to it. So, what if there are people out there that don't know what they are doing? What if they are choosing wrong? In other words, what if people misuse the Law? We say, that is not possible. You say, "But, Abraham, I see people doing bad things to each other. I see people..." And we say, your awareness of what you do not want, and your shouting of "no" at what you do not want, causes you to include it in your vibration. So while you may see all kinds of people getting things they do not want, you have never, one time, seen somebody get something that they were not in vibrational harmony with.

Q I can dig that. That's fine. Can I interrupt?

A Certainly.

Q Because that has to do with human Beings, and you and other people in my whole life has convinced me that, sure, human Beings are... Dealing with human Beings means dealing with a species that is attempting to regain Consciousness. It means that we are in a sort of intraspecies.

A Yes.

Q But when we start dealing with the environment...

A Yes.

Q ...which has been the place, all of my life, that I have found the closest thing to what I find when I do the kinds of things that you suggest...

A Yes.

Q ...that has been the place that I have found my true positive Energy.

A But let us ask you something. Do you think...? Does it...? Just try to find the logic in this. Do you accept that Nonphysical Energy extends itself into this physical reality?

Q Yes.

A And do you accept that it is from that Broader Perspective that your Earth was created and is maintained?

Q Yes.

A In other words, do you think it is from the Nonphysical Perspective that your Earth continues to spin in its orbit and that the Life Force continues to come forth in the seed of the tomato to give it longevity over generations? And so, if you accept that that Nonphysical Energy is holding your planet in perfect balance in proximity to other planets, cannot that same trust cause you to expect that the balance of all things would be such?

Q I would like it if that were true.

A Do you think that a man who is pushing against, or a whole clump of men who are pushing against, has access to the Nonphysical Energy?

Q No.

A From your own experience, you can feel when you're connected and when you... Do believe us when we say, "One who is connected is more powerful than a million who are not?"

Q I would like to believe that.

A So, can you see that...? Let's say that half the population got on this wasteful rampage where they were gluttons and misusing and utilizing inappropriately and leaving... Do you really think that it would be any more significant than a flea on the back of a dog in comparison with the Well-Being that flows?

You see, the only thing that we see coming from anything like that is that one litters or one consumes more than you would like or one messes with the environment in some way that displeases you, and then millions of you use that as your excuses to disallow the Energy Stream from flowing to you. In other words, the only waste in all of the Universe that exists is the waste of not utilizing the God-given Energy that would flow to you naturally. The only waste that has ever occurred in all of this Universe is me, in this moment, mad instead of joyful, me, in this moment, discouraged instead of hopeful, me, in this moment, blameful instead of appreciating, me, in this moment, confused instead of clear, me, in this moment, sick instead of well.

Q Touché.

A That is the only waste that could occur, you see. And on a more physical note, if you step back a little bit from the specifics of what you are living and see the regeneration of your planet... The volcanic activity. The plates moving about. The oil that you are pumping today are past civilizations. In other words, we promise you if they had been wasting, it would be in their dumps just like they are in their dumps and it all comes out as oil. In other words, it doesn't

matter how many chemicals they used or how much Styrofoam they used or what they did with what because you cannot come forth as a species disproportionate to what your planet can provide for. It will not happen. The orchestration of the balance of your population is tended to from Broader Perspective that knows that balance and sets Well-Being into motion, you see. You get the sense of what we are talking about?

Q I do. I do.

A And so, the only thing that ever goes wrong is one of you, instead of paying attention to the way your Energy is flowing, looks at something that you think is wrong. Calls it wrong. Uses that wrong thing as your excuse to not let the Energy flow, and then when the Energy's not flowing, and you start withering, you start crying about shortage. And the shortage isn't happening out there. It's happening in here only in you.

Q Thank you.

A Indeed.

My abundance does not deprive anyone else.

Q But that was what I wanted to talk about, was corporate greed, right at the beginning, but since that time that I wanted to talk about that, so many things have gone on in my head.

A There's no such thing as corporate greed. It is misunderstood by those who have not.

Q Okay, in other words, people like Mitsubishi and...

A Corporate greed is responsible for a large part of your economy and more of you are benefiting by their desire than you know. And if it were not for those greedy buggers who have focus, many of you would not have work.

Q Okay. And we can rest in the assurance, just like we did with the O. J. Simpson thing, that if they are in harmony with Pure Positive Energy, then that's fine, and if they are not, they're going to be...they're not going to be happy people anyway, and any injustice...

A Don't take any satisfaction in anything that happens to anyone else.

Q Gotcha. Okay. All right. Touché again. Okay. So I'm pretty much... I'm willing to entertain the notion that my abundance does not deprive anybody else.

A Good.

Q Okay. I'm willing to even believe that all of these corporate places that you... All of these corporations that you were talking about are actually creations and that they are actually using the physical Universe here in the ways you want us all to use them. Is that true?

A Oh, it is so wonderful when someone gets an idea and is able to hold it purely enough that an entire movement or corporation will follow in behind it—because the movement of that Energy benefits everyone...

Q Right. Okay. So, I'm even to the place of getting to that place, but the thing that I'm afraid I'm going to lose is my reverence or my respect for the Earth and for all of these things... This is sort of like the question I was asking you much earlier.

A Well, you see, that's because you've been justifying your reverence for Earth by pushing against those that you think abuse it. But the thing about that is, you can't be reverent and angry at the same time. Reverence... Do you know that the vibration of reverence is Pure Positive Energy, and it is the identical match to appreciation, and you can't appreciate and blame at the same time?

Q I got it. I got it. I got it. And that's true. I want to assure you, Abraham, that I do believe that that's true. Is it possible that there are two forms, at least that I experience, of Pure Positive Energy. One of them is this passion that you are talking about that makes me feel like if I could stand where we were talking about, about where this Trish was about the stand. If I could stand there, I would never want to leave that place, you know. And it would be a place of passion and a place of creativity. And even thinking about something peaceful would be very boring to me, and I guess I'm going to lose the peace because it seems to me that in addition to passion, Pure Positive Energy can manifest itself as peace or appreciation.

A So you think... But let us tell you something. When you are in a place of passion with no resistance, it feels more peaceful than the greatest peace that you've ever discovered.

Q Whoa!

A It's like, imagine an airliner at 30,000 feet going 600 mile an hour, and as you look out the window you say, "All is well here." You see the landscape going by and other airplanes going by and it feels peaceful and serene and like Well-Being. But if you put that airplane on the ground at 600 miles an hour, you would not feel peace.

Q Uh huh.

A The resistance of what is down there, even if it were a big airstrip and you weren't knocking things down, it would still feel uncomfortable. So what we're saying is, the faster the Energy moves, the better you feel, provided you don't have resistance that you're bucking as you go.

Q Right. right.

A And so, peacefulness... You see peaceful... When you summon Energy that you are up to speed with, you don't feel... Have you ever... It's like being in a car and looking off at a distance. The ride is comfortable. But as you're trying to look at the spot on the road as you go, it's uncomfortable. And so, this is the same sort of thing. When you are flowing with the Energy, it is contentment within this motion forward. And you're right. Once you taste that, you will never

go back to something. In fact, you can't go back. We've never met one of you who tasted the faster moving Energy that was ever content again in the slower moving Energy.

If we could clone Esther, could Abraham speak through the clone?

Q Good. One more quick question and you can answer yes or no it.

A Yes.

Q If we could clone Esther, could you Abraham speak through the clone? You could?

A We can speak through a tree.

Q Well, you do. Okay. Good. You've been very helpful to me. I really thank you very much.

A Indeed.

San Rafael, CA Workshop Closing.

Trust is really what we're asking of you. We're asking you to trust in the Well-Being and in that trust... In optimism, there is magic. In pessimism, there is nothing. In positive expectation, there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing. In other words, what you're wanting to do is redefine your relationship with the Stream.

We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is. What we ask you to do is practice moving your gaze. Practice changing your perspective. Practice talking to different people. Practice going to new places. Practice sifting through the data for the things that feel like you want to feel, and using those things to cause you to feel a familiar place. In other words, we want you to feel familiar in your joy. Familiar in your positive expectation, familiar in your knowing that all is well because this Universe will knock itself out giving you evidence of that Well-Being, once you find that place.

We have enjoyed this interaction immensely. There is great love here for you. We are complete.